

## Colima Style Corn Dough Rounds – *Sopitos estilo Colima*

### Ingredients (for 6 portions)

#### For masa (corn dough):

2 cups            corn flour (masa harina, not starch)  
1 ½                cups water  
1 tsp              salt

1 lb            ground beef, preferably lean  
3                cups water  
4                tomatoes; washed, with a cross scored on the bottom side  
1                white onion; peeled and sliced in half; one half cut into chunks, the other chopped finely  
1                clove garlic; peeled  
2                cascabel peppers (optional); wiped clean  
4                tomatillos (optional, not used here); papery wrap removed, then washed  
½ head        cabbage or lettuce; washed and shredded  
1 bunch        radishes; washed and sliced finely  
2 cups        grated cheese, such as cotija, or light feta  
Lard or vegetable oil  
Salt, to taste

Mix corn flour, water and salt to form a soft dough. Form into a ball and allow to rest, covered. Divide meat into quarters and form each portion into a ball. In a pot, bring 3 cups of water to boil over high heat, then add meatballs. Bring to boil again, then lower heat to medium, and cover pot; cook meatballs for twenty minutes, turning halfway to cook evenly. Uncover pot, set heat at high again and add tomatoes; boil for a couple of minutes, then add cascabel peppers and tomatillos, if using. When tomato skins become wrinkled, transfer to a bowl, along with the tomatillos (if using). Continue cooking peppers until skin is soft, then transfer to the bowl. Lower heat to medium and allow the meatballs to cook for a little longer. Meanwhile, remove and discard skin and stem end from tomatoes, slice tomatillos in half (if using) and stems from peppers (if using). Pour all the contents of the bowl into a blender jar, and chunks of onion, the clove of garlic, and one teaspoon of salt (or to taste). Process until completely blended and smooth; reserve. Transfer meatballs from the pot to the bowl; now the water in the pot has been seasoned into a nice broth. Continue cooking and pour sauce from the blender into the pot. Bring back to a boil, then lower heat and simmer until serving time. The sauce will thicken but it will still be runny at serving time; this is also called *caldillo* (brothy sauce). Shred meatballs into small bits using a cheese grater; season with salt, to taste; reserve. Uncover reserved *masa* and divide into quarters; work with one quarter at a time, keeping the rest covered. Divide the piece of *masa* into eight portions, forming into balls. Press each ball into a thin disc, then cook on a dry grill (*comal*) or skillet over medium heat, flipping once. Remove from heat and pinch all around the edge of each disc to form a rim; use a kitchen towel to avoid burning fingers. Continue forming *sopito* discs with the rest of the *masa* (makes 32).

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**Fix sopitos:** Add one tablespoon of lard (or oil) to the hot skillet, still over medium heat . Fry *sopitos* in batches, flipping once to crisp both sides (photo below, left). Transfer to a large plate, rim side up. Top with a scoop of grated meat, chopped onions and cabbage (or lettuce), then pour a generous amount of simmering sauce on top (photo below, right):



Finish with grated cheese and radish slices:

